

WINGS SPREAD

Randolph AFB, Texas

57th Year • No. 6

Feb. 14, 2003

T-6A Texan II heritage flight

Texan Flight Conference held, civilians get certified

By Airman 1st Class Chad Tarpley
12th Flying Training Wing
Public Affairs

Five civilian pilots each flew on the wing of a T-6A Texan II demonstration pilot for T-6 Texan Flight certification on Feb. 9.

The training took place during the First Annual Texan Flight Conference here Feb. 7-9. The Texan Flight is flown at air shows around the country, usually after the Air Education and Training Command T-6A Texan II flies a high-performance aerial demonstration.

The AETC's Texan Flight is similar to Air Combat Command's Heritage Flight program.

Maj. Gen. James Sandstrom, 19th Air Force Commander, hosted the conference, certifying the civil-



A T-6A Texan II and a vintage T-6 Texan practice the Texan Flight prior to an appearance at one of last year's air shows. (Photo by Master Sgt. Gregory Kobashigawa) (Inset) Retired Lt. Col. Bill Collins (left) and Ralph Royce are pictured on the wing of a vintage T-6 Texan. Colonel Collins succeeds Mr. Royce as the lead civilian Texan Flight pilot for the 2003 show season. (Photo by Airman 1st Class Chad Tarpley)

ian pilots who will fly with the team this season.

General Sandstrom flew the T-6A Texan II in two-ship formation with retired Lt. Col. Bill Collins, the 2003 lead civilian pilot, and three other new civilian Texan Flight pilots. The other new pilots are Pete Hunt from California, Jim Tobul from South Carolina and Jim Greeson from Michigan.

Colonel Collins succeeds Mr. Ralph Royce, who served as the lead civilian pilot for the 2002 aerial season. "The Texan Flight program is only a year old," said Mr. Royce. "I started the program and now it's time for Bill to make it bigger and better."

Mr. Royce, who lives in Galveston, will still be active with the Texan Flight Program for at

least one more year. He will act as one of the Texan Flight pilots and as an advisor to Mr. Collins.

"Mr. Collins will be the coordinator," said Mr. Royce. "I'll be here to help out with anything he needs."

Mr. Collins, who lives in Dallas, also flew T-38s in the 560th Flying Training Squadron here.

As head of the Lone Star Flight

Museum in Galveston, Mr. Royce said his duties at the museum prevented him from taking on the lead pilot responsibilities again this season.

"I would love to have the time to be able to keep the role, but I don't," said Mr. Royce. "I am working with the Air Force with other programs and I also spend

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Inside the Wingspread

Award winners

Base organizations announce annual award winners – **Pages 4-5.**

Airmen graduate

Airman Leadership School holds graduation – **Page 7.**

Black History Month

Wing's staff judge advocate reflects on her career – **Page 14.**

Playoffs begin

The 12th Communications Squadron upsets the 12th Civil Engineer Squadron in intramural basketball playoffs – **Page 20.**



Tuskegee Airman

Retired Tech. Sgt. George Watson, a former Tuskegee Airman, signs a Centennial of Flight special edition Tuskegee Airmen photograph during his visit to the 99th Flying Training Squadron here Tuesday. The signed photograph will be added to the unit's collection of Tuskegee Airmen memorabilia. The lineage of the 99th FTS extends from the 99th Pursuit Squadron. Known as the "Tuskegee Airmen," the squadron was the first all-black unit in the U.S. Army Air Corps. (Photo by Jennifer Valentin)

Wing training timeline

Pilot Instructor Training

Squadron	Senior Class	Overall
99th FTS	2.0	2.0
558th FTS	-5.3	-1.7
559th FTS	-2.9	1.8
560th FTS	-0.8	-1.7

Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.

Navigator, EWO training

562nd FTS

Air Force	193
Navy	69
International	1

563rd FTS

Undergraduate	46
International	13
EWC Course	0
Fundamentals	0

Numbers reflect students currently in training. The 562nd shows source of navigator students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.

Wing Sortie Scoreboard

Aircraft Required Flown Annual

T-1A	1,357	1,299	4,200
T-6A	3,061	3,260	9,488
T-37B	2,978	2,980	8,641
T-38A	2,966	3,168	8,640
T-43A	401	433	1,158

Numbers reflect the required and flown missions as of Wednesday, and the required missions for fiscal 03

Weekend weather

Day	Forecast	High	Low
Today		64	72
Saturday		60	71
Sunday		40	61



Commander's Action Line

Call 652-5149 or e-mail randolph.actionline@randolph.af.mil

While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better.

In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Mark Graper
12th Flying Training Wing commander

Agency contact numbers			
Security Forces	652-5509	12th FTW IG	652-2727
Services	652-5971	Equal Opportunity	652-4376
Civil Engineers	652-2401	FW&A Hotline	652-3665
Transportation	652-4314	EEO Complaints	652-3749
Military Pay	652-1851	Randolph Clinic	652-2933
Civilian Pay	652-6480	Base Exchange	674-8917
Safety Office	652-2224	Commissary	652-5102
Housing	652-1856	Straight Talk	652-7469

Compliance with standards not optional

By Maj. William Cannon
71st Security Forces Squadron commander

VANCE AIR FORCE BASE, Okla. — A few weeks ago, I was involved in a rather candid conversation with a senior NCO regarding standards, performance expectations and ratings, and the effects and aftermath of non-judicial punishment, among other things.

During our discussion, I was told that I was, with all due respect, perhaps a bit too narrow-minded and maybe too much “my way or the highway” regarding these issues.

Since he said it as if it were a bad thing, I assumed he meant it as constructive criticism and have subsequently given his words a great deal of thought regarding my perspective on these issues, including the first time I heard the phrase “my way or the highway.”

That first time was in December 1981, during my first assignment as a young airman at Minot Air Force Base, N.D., in the Strategic Air Command, when a technical sergeant, now a retired chief master sergeant, informed me, “There is the Air Force way, the SAC way and my way” and “It’s my way or the highway.”

He was also fond of the phrase “outstanding or outprocessing.” At that time, we didn’t have mandatory performance feedback sessions and computerized forms on which to document feedback, but I received all I needed: “These are the standards and non-compliance is unacceptable.”

Twenty-one years later, my response to people who ask me how I’m doing is usually “outstanding” because of my early military socialization under the supervision of

this NCO where outprocessing was the only other option. Based on that, I guess it is possible I may occasionally exhibit a “my way or the highway” attitude with regard to these issues.

However, I’ll caveat my concession by saying that understanding and complying with the standards should be everyone’s way and we should live our core values “24/7.” Some disagree with my view since I’ve had at least one person tell me what he did and whom he did it with off-duty was a private matter and none of the Air Force’s business.

However, in this case, I’m fairly confident that my narrow-minded, “my way or the highway” opinion is aligned with the Air Force standard. If you turn to page 91 in the Promotion Fitness Examination Study Guide, you’ll read, “A Way of Life. Air Force members are subject to duty 24 hours a day, including weekends and holidays. If so directed by a competent authority, they must report for duty at any hour, at any location, and remain as long as necessary to get the job done. The Air Force mission necessitates more restrictive rules and standards than are normally found in civilian life. Individuals not living up to the high standards will not be retained in the Air Force.”

Even our newest airmen understand this and, upon completion of a special first-term airman’s transition program, pledge to conduct themselves at all times so as to bring credit upon the Air Force, to fulfill their responsibilities and display professionalism at all times, and to set an example for all to follow. I find it very uplifting to watch these young men and women as they proudly repeat The Airman’s Creed,

“Even our newest airmen understand this and, upon completion of a special first-term airman’s transition program, pledge to conduct themselves at all times so as to bring credit upon the Air Force, to fulfill their responsibilities and display professionalism at all times, and to set an example for all to follow.”

and find myself even more passionate about the Air Force way of life — my way of life, a great way of life.

Our conduct then, fulfilling our responsibilities and displaying professionalism at all times, is integrally connected to the success of our mission and should remain above reproach. We can tolerate mistakes and even learn valuable lessons from them as long as we conduct ourselves at all times so as to bring credit upon the Air Force.

Misconduct and criminal acts are intolerable for military members and counterproductive to accomplishing our mission. Driving under the influence, failure to obey a lawful order, indecent language, indecent exposure, indecent acts, assault, dereliction of duty, failure to go, incapacitation for the performance of duty, underage drinking, public intoxication, contributing to the delinquency of a minor and aggravated assault have no place in our way of life. These must be dealt with appropriately.

Just in case you’re wondering, I didn’t just pick these crimes out of the Uniform Code of Military Justice; these were the incidents that led to 27 Article 15 actions within our wing last year, an extremely

troublesome statistic, especially considering the number of additional incidents of misconduct that didn’t rise to the level of non-judicial punishment.

Unfortunately, we have a tendency to focus on the negative aspects due to the number of incidents, the time spent on corrective and administrative actions, and the time spent searching for prevention rather than cure.

But we must accentuate the positive and remain focused on the mission and the people who accomplish it. Despite these incidents and the issues that led to the discussion I had with that senior NCO regarding my narrow-mindedness and my “my way or the highway” attitude, our Air Force is composed of warriors who exhibit integrity in their actions and control over their lives.

Our efforts play a significant role in ensuring national security, and that is why President Bush could tell the world that, “Once again, we are called upon to defend the safety of our people, and the hopes of all mankind, and we accept this responsibility.” That is why the Air Force is indeed a great way of life. (Courtesy of Air Education and Training Command News Service)

Congratulations Retirees

Today

Lt. Col. Billy Detrick, *Air Education and Training Command*
Master Sgt. Jerry Chaplin, *Air Education and Training Command*
Master Sgt. Christopher Adams, *Air Education and Training Command*

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Randolph Air Force Base, Texas

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Be a survivor, have a designated driver

Fitness requires determination, commitment

By Maj. Larry Groves
319th Aeromedical-Dental Squadron

GRAND FORKS AIR FORCE BASE, N.D. — There is a constant emphasis in our modern society on looking good, feeling good and living longer. Scientific evidence tells us one of the keys to achieving these ideals is fitness and exercise. If you spend your days at a mostly sedentary job and pass your evenings as a “couch potato,” it may require some determination and commitment to make regular activity a part of your daily routine.

Getting moving is a challenge because physical activity has become less a part of daily living. We’re a mechanically mobile society, relying on machines rather than muscle to get around. In addition, we’ve become a nation of observers with more people spending their leisure time idly. Statistics show that obesity, and the health problems that come with it, is nearly epidemic.

These same statistics also show that preventive medicine pays off, so don’t wait until your doctor gives you an ultimatum. Take the

initiative to get active now.

If you’re interested in improving your overall conditioning, experts recommend that you get at least 30 minutes of moderately intense physical activity on all, or most days of the week. Examples of moderate activity include brisk walking, cycling, swimming, or doing home repairs or yard work.

You should also include resistance exercises for muscular strength and stretching exercises for flexibility to gain complete fitness. Each scheduled workout should begin with five to 10 minutes of warm-up movements and end with a slow cool-down period of equal duration. If you can’t get in 30 minutes all at once, aim for shorter bouts of ordinary activity (at least 10 minutes) that add up to a half-hour during the day.

If you’re ready to move up to more vigorous activity, remember that “no pain, no gain” isn’t exactly true. Many well-meant fitness programs have been ruined by too much enthusiasm on the first day and sore muscles on the second. A goal is an end

point, not a beginning, so work toward your goal gradually. Once you’re in better shape, you can progressively increase your usual routine, or change to a different, more strenuous activity.

The key to a lifetime of fitness is consistency. Here are tips to help you make exercise a habit:

- Choose an activity you enjoy.
- Tailor your program to your fitness level.
- Set realistic goals.
- Choose an exercise that fits your lifestyle.
- Give your body a chance to adjust to your new routine.
- Don’t get discouraged if you don’t see immediate results.
- Don’t give up if you miss a day. Just get back on track the next day.
- Find a partner for motivation and socialization.
- Build some rest days into your exercise schedule.
- Listen to your body. If you have difficulty breathing, or experience faintness or

prolonged weakness during or after exercise, consult your physician.

You can probably come up with plenty of excuses for why you’re not more active. You’re too young, too old, too busy, too tired, or in pretty good shape for your age. Usually, these excuses are pretty flimsy. There are beneficial activities for people of all ages and for those with little time. You should think in terms of lifestyle changes to incorporate a little more movement each day.

Check out the various programs available at the sports and fitness center. Visit the health and wellness center for a fitness assessment and exercise prescription. Don’t allow weather extremes to interfere with your established exercise routine. Take advantage of the outstanding base facilities and excellent free resources available year-round to enhance your fitness.

The opportunities for fitness improvement are all around you, so the next time you think about getting fit, don’t ask, “Who has time?” Instead, ask yourself, “Who doesn’t want to feel better?” (AFPN)

We are all Recruiters



Each member in the Air Force is an “ambassador in blue” in the local communities. Each person can make a difference in the decision for someone to join the Air Force. Here are some tips on how you can help the recruiting effort.

- ❑ Be a role model in your community.
- ❑ Talk to young people in grocery stores at the checkout line, dry cleaners or while shopping.
- ❑ Get involved with youth programs, whether in high schools or through church and community organizations.
- ❑ Volunteer as a recruiter for a week.
- ❑ Work with your local recruiting squadron

and set up some time to visit classrooms to talk about your experience.

- ❑ Talk about what the Air Force has done for you and the successes you’ve had because you joined.
- ❑ Talk about why you are staying in the Air Force.
- ❑ Take advantage of the Recruiter Assistance Program. Each member of the Air Force is authorized a permissive TDY home for up to 12 days to perform recruiting duties with the local recruiter.
- ❑ Work with the public affairs office and support base tours for local recruiters. Get local high

school guidance counselors and principals involved with base activities.

- ❑ Establish an “Adopt a High School Program,” where local high schools are brought in for base tours and Air Force members in each unit can talk about their experiences in the service.
- ❑ Invite local school leaders and counselors for base orientations, certainly events like air shows.
- ❑ Remember to keep your public affairs office informed of these activities mentioned.

Contact the 12th Flying Traing Wing Public Affairs office at 652-5760 for more information.

AETC honors its best



Capt. Christopher Burelli

Seven people assigned to the Air Education and Training Command headquarters staff took top honors Monday during the command staff's annual awards luncheon at the enlisted club.

The award winners earned the distinction as the best airmen and civilian employees on the headquarters staff for 2002.

Taking the top honor in the company grade officer category was Capt. Christopher Burelli, AETC Civil Engineer directorate.



Tech. Sgt. William McHargue Jr.

from AETC Communications and Information, received the junior enlisted member of the year distinction.

Yvette Arguijo, from AETC Civil Engineer, won the civilian category III award. Richard Osburn, of AETC Communications and Information, received the civilian category II award while the civilian category I honor was captured by Jessica Calentine, AETC Operations.

Chief Master Sgt. Karl Meyers, AETC's Command Chief Master Sergeant said this time of the year — the awards season — is the best "... because it lets us shine the spotlight on people who are our team's most valuable players."

These award ceremonies acknowledge the extraordinary things people do every day to sustain the combat readiness of America's Air Force, Chief Meyers said.

"You are integral to the success of our mission, which directly translates to Air Force combat readiness," Chief Meyers said. "You are not at the tip of the spear; you put the tip on the spear."



Jessica Calentine

Editor's note: We were unable to obtain a photo of Ms. Arguijo by publication time. Ms. Arguijo is currently TDY to Laughlin Air Force Base assisting in an environmental compliance inspection.



Master Sgt. Craig Wills

Master Sgt. Craig Wills, AETC Logistics, garnered the senior NCO award and Tech. Sgt. William McHargue Jr., also from Logistics, won the top award in the NCO category. Airman 1st Class Michelle Serbin,



Airman 1st Class Michelle Serbin



Richard Osburn

All other annual award nominees were:

AETC Civil Engineer

Senior Master Sgt. Marita Woods
Maree Cory
Carl Limrick

AETC Command Chief

Master Sgt. Robert Angeli
Senior Airman Kimberly Myers

AETC Communications and Information

Capt. Harriet Malas
Senior Master Sgt. Cheryl Robinson
Tech. Sgt. Bryan Harder
Deane Preston Jr.

AETC Comptroller

1st Lt. Eric Cuebas
Master Sgt. Marion Bunch Jr.
Joyce Carroll
Patricia Carreon
Scott Moss

AETC Computer Systems Squadron

Mary Gamez

AETC Inspector General

Senior Master Sgt. Cedric Council
Anita Weeper

AETC Logistics

Capt. Janette Ketchum
Senior Airman Brian Williams
Carol Fereday
Jo Ann Carlson
Arthur Andrews Jr.

AETC Operations

Master Sgt. Michael Devenitch
Tech. Sgt. Kenneth Carter
Bonnie Molina

AETC Personnel

Capt. Sean Marler
Master Sgt. Sharon Van Slyke
Staff Sgt. Jeffrey Graziano
Staff Sgt. Katherine Kwarcinski
Sharon Samson
Martha Andrews
Sherrey Brinson

AETC Plans and Programs

Capt. Ernesto Hernandez III
Renee Wolff
Cindy-Lee Hatzel
Jack Wilder

AETC Safety

Tech. Sgt. Terry Todd
David Stack

AETC Security Forces

Master Sgt. Luke Brohaugh

AETC Services

Capt. Paul Swenson
Master Sgt. William Moulder
Carolyn Bentley

AETC Staff Judge Advocate

Capt. Michelle Cramer
Master Sgt. Janice Maupin-Anderson
Tech. Sgt. Josephine Zapata
Connie Lariosa

AETC Studies and Analysis Squadron

Senior Master Sgt. Richard Gray
Tech. Sgt. George Davis Jr.

AETC Surgeon General

Master Sgt. Mark Viera
Sally Condor

Air Force Occupational Measurement Squadron

Capt. Daniel Cantu
Airman 1st Class David Jones
Jeanie Guesman

Air Force Security Assistance Training Squadron

1st Lt. Devlan Islas
Nelda Williamson
Patricia Knight
(Courtesy AETC Public Affairs)

Wing spotlights its 'best of best'

By Master Sgt. Lee Roberts
12th Flying Training Wing Public Affairs

In the dimness of the enlisted club's candlelit ballroom here Feb. 6, several hundred well-wishers and supporters gazed as spotlights shone brightly onto the 12th Flying Training Wing's "best of the best" for 2002.

During the wing's annual award banquet, every nominee received kudos and a share of the spotlight, but only a select few received the coveted top honors.

In the Company Grade Officer of the Year category, Capt. Kareem Brooks, 12th Security Forces Squadron, received the



Capt. Kareem Brooks

wing's highest accolade. Senior Master Sgt. Barbara Dungan, 12th FTW, won in the Senior NCO category. Tech. Sgt. Grace Davis, of the 12th Transportation Squadron, captured the NCO category, while Airman 1st Class Levitica Byington, 12th Communications Squadron, took the top spot in the Airman category.



Senior Master Sgt. Barbara Dungan

In addition, Theresa Duncan, 12th Support Group, accepted the wing's Civilian Category I award. Henry King, 12th FTW, reeled in the Civilian Category II prize. Finally, George DeCoux, 12th Services Division, walked away with the Civilian Category III merit.



Tech. Sgt. Grace Davis

The wing commander and command chief master sergeant both saluted the honorees for their contributions and for meeting the wing's many challenges head on.

Col. Mark Graper, 12th FTW commander, followed a performance by the



Airman 1st Class Levitica Byington

Air Force Honor Guard Drill Team, commenting that he likened the nominees and award winners' performance to that of the drill team.

"This awesome performance by the Air Force Honor Guard Drill Team is possible as a result of their hard work, teamwork, discipline and commitment," Colonel Graper stressed, "which are the same qualities exhibited by our wing team especially



Theresa Duncan

all these nominees and winners. Those qualities make our team the first-class group of men and women that it is."

The colonel also noted how the teamwork and commitment of each individ-



Henry King



George DeCoux

ual being honored helped the wing maintain its capabilities as a ready force, allowed the whole organization and its personnel to be good stewards of resources and will posture the wing for successful transformation in 2003 and beyond.

This, he said, exemplified the event's theme - "Celebrating our Past... Shaping our Future."

Chief Master Sgt. Timmothy Dickens, 12th FTW command chief master sergeant, also noted the honorees could be proud of what they have accomplished. He thanked them for their continual sacrifices and work, but also challenged them to continue doing great things for the Air Force.

The annual awards banquet culminated a day of attention focused on its personnel. Earlier in the day, the wing held its Medallion Ceremony at the base theater, which was a pep rally where all units were gathered to cheer on their respective award nominees.

The winners will now compete for further recognition at the next level, which is 19th Air Force.

The list of nominees who received recognition at the wing's annual awards banquet are:

Wing Staff

Senior Airman Timothy Carlsrud

Tech. Sgt. Todd Marshall

Senior Master Sgt. Barbara Dungan

Capt. Michael Connor

Mary Jane Moreno-Morales

Henry King

Paul Blackwell

12th Operations Group

Airman 1st Class Erin Agobert

Staff Sgt. Felipe Salinas

Master Sgt. Ruben Gonzales

Capt. James Sparrow

Shadi May

Glenn Williams

Robert Newsome

12th Logistics Group

Airman 1st Class Maria Diaz-Medina

Tech. Sgt. Grace Davis

Senior Master Sgt. Kenneth Langley

2nd Lt. Richard Spencer

Elijah Canady

Deborah Stone

Harold Keyes Jr.

12th Support Group

Airman 1st Class Levitica Byington

Tech. Sgt. Chip Campbell

Master Sgt. James McNeer

Capt. Kareem Brooks

Theresa Duncan

Felix Saenz

George DeCoux

12th Medical Group

Airman 1st Class Kelly Hammer

Tech. Sgt. Leonard McCreary

Master Sgt. Houghton Morgan

Capt. Margaret Laureano-Miller

Lourdes Saunders

Scott Nunnally



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Capt. Joseph
Crance



Senior Master Sgt.
Anthony Dant



Tech. Sgt. Mary
Poppe



Michael Parsons
Senior Category



Karyne Berman
Intermediate Category



Marsha Johnson
Junior Category

AFMIA honors its 2002 standouts

By Richard Salomon
Air Force Manpower and
Innovation Agency Public
Affairs

In the hustle of our daily activities, it's easy to take excellence for granted. At least once a year, however, it's important to shine the spotlight on the valuable contributions Air Force people make day in and day out and to let them know that they are a critical part of the overall mission.

The Air Force Manpower and Innovation Agency recently took the time to honor its most stellar performers at its annual awards luncheon at the officers' club.

More than 130 supporters were

on hand to recognize AFMIA's outstanding teams and individuals who served 2002 with distinction.

Capt. Joseph Crance, Air Force Manpower Requirements Determination Squadron, was selected as the Company Grade Officer of the Year. Senior Master Sgt. Anthony Dant, Programs Integration Division, won in the Senior NCO of the Year category. Tech. Sgt. Mary Poppe, Air Force Manpower Requirements Utilization Squadron, garnered NCO of the Year honors.

On the civilian side, Michael Parsons, Information Systems Division, took first in the Senior Civilian of the Year Category. Karyne Berman, Programs

Integration Division, netted top honors in the Intermediate Civilian of the Year category. In the Junior Civilian of the Year category, Marsha Johnson, Programs Integration Division, was selected as the winner.

The Chief of Staff of the Air Force Survey Team took the top spot in the Small Team category, while the Long Haul Study Team was named the best in the Large Team category.

"With the current ops tempo, it's become more important than ever to recognize the great challenges our folks tackle every day," said Col. Ronnie Sullivan, AFMIA commander. "We need to give our folks the support and positive feed-

back they deserve. Informal pats on the back are great, but our annual awards event is a formal, public way we can show appreciation for a job well done."

Colonel Sullivan also emphasized that not only were these award winners major power players in the agency, but their efforts have had an impact Air Force-wide.

AFMIA's Long Haul Study Team, for example, quantified the Air Force's workload impact of 9/11 by identifying all new and existing tasks that were being conducted at a higher level of service or increased frequency.

AFMIA also worked major efforts such as Personnel Load, a

Web-based data collection system that measures current workload stress by Air Force Specialty Code, and the Air Force Organization Climate Survey, which provides vital performance information to senior leadership and to commanders Air Force-wide.

In addition to numerous other projects, AFMIA conducted the first re-engineering effort of the base communications function across the Air Force.

"Hats off to AFMIA's winners and to all the annual award winners throughout Team Randolph," added Colonel Sullivan. "Keep up the great work and let's see what we can achieve together in 2003 for the world's greatest Air Force."

Vigilance by all is the best defense at home

America at War



“My attitude is that we owe it to future generations of Americans and citizens in freedom-loving countries to see to it that Mr. Saddam Hussein is disarmed.”

President George Bush
Press conference in Nashville, Tenn., Monday

Randolph supports global mission

As of Monday, 50 Team Randolph members are deployed in support of military operations around the globe.

NATO Will Protect Turkish Ally

By Jim Garamone
American Forces Press Service

WASHINGTON, Feb. 10, 2003 — Defense Secretary Donald H. Rumsfeld today downplayed talk of a rift in NATO over Iraq, saying the alliance will ultimately work to

protect Turkey should force be necessary against Saddam Hussein.

News reports indicate Belgium, France and Germany oppose aiding Turkey should there be a conflict with Iraq.

Rumsfeld said during a Pentagon press conference that Turkey could invoke Article 4 of the North Atlantic Treaty to get the help it has asked for. The article allows any member to ask the alliance for help if it believes it is about to be attacked.

In the meantime, “What we have to do is make sure that planning does go forward,” Rumsfeld said. “Preferably with-in NATO, but if not, then bilaterally.”

Commercial airlift for troops

By Gerry Gilmore
American Forces Press Service

WASHINGTON, Feb. 10, 2003 — Commercial airlines have been enlisted by DoD to transport troops and equipment as part of the buildup for possible war with Iraq.

Defense Secretary Donald H. Rumsfeld ordered the activation of Stage 1 of the Civil Reserve Air Fleet, according to a Feb. 8 Defense Department press release. The CRAF, cre-

ated in 1952, boosts U.S. military airlift capability with civilian planes, if needed.

Under Stage 1, 22 U.S. airline companies will make 47 of their passenger airliners and 31 cargo planes available for military use, the DoD release said. Currently, only the 47 passenger aircraft are being used. The cargo planes could be drafted into service quickly if needed.

The Civil Reserve Air Fleet program has three stages. Stage I is the lowest activation level. Stage II was activated for the first time during Operation Desert Shield in 1990. Stage III, for full-scale mobilizations, has never been activated; it calls for the use of up to 400 civilian aircraft.

The Air Force’s Air Mobility Command awards peacetime contracts to commercial air carriers that participate in the CRAF program.

Historically, the commercial sector has provided the U.S. military with 93 percent of all troop air-transport and 41 percent of long-range cargo needs, according to the DoD release.

HOMELAND SECURITY ADVISORY SYSTEM

HIGH

CURRENT NATIONWIDE THREAT LEVEL

HIGH RISK OF

TERRORIST ATTACKS

Source:

www.white-house.gov

‘Best Practice’ speeds up deployment processing

By Richard Zowie
Wingspread staff writer

“We get the right airmen to the right place at the right time.”

That’s how Capt. Gregory Kuzma, 12th Logistics Group readiness flight installation deployment officer, described the proposed Air Force Best Practice of deployment processing. Randolph uses this system to process Aerospace Expeditionary Force combat support deployments.

According to the Air Force manpower and Innovation Agency Web site, Best Practice is a “superior method or innovative practice” that’s influential in making a process work at a more efficient level.

The Personnel Deployment

Function processes anywhere from one to 40 airmen a week, although sometimes the number can escalate into the triple-digit range. Since Randolph began using this Best Practice-nominated process in May, the readiness flight has experienced no discrepancies while processing Team Randolph members for deployment, according to Headquarters Air Education and Training Command Directorate of Personnel.

“This is outstanding since most other AETC bases and other Air Force bases have had discrepancies,” said Captain Kuzma. “We had discrepancies before going to this process.”

2nd Lt. Daniel Rigsbee, 12th Mission Support Squadron personnel deployment function offi-

cer in charge, said what makes this Best Practice nominated process an efficient system is its use of what he called “one-stop shopping.” Instead of sending deploying members all over base to get processed for deployment, the readiness flight brings different agencies to Hangar 52 so deploying members can complete their deployment processing there.

Captain Kuzma said this saves both time and manpower.

“Randolph’s process cuts the processing time by 90 percent,” he said. “We’ve gone from a one-week processing time to half a day. These time limit modifications are critical with the low manning we have. Quicker processing allows us to maintain our normal day-to-day duties.”

Lieutenant Rigsbee said they try

to get deploying members’ items issued to them early to ensure they’re fully qualified and have the necessary paperwork to deploy, and to prevent any last-minute problems that might surface. Usually, within two to seven days after processing through the PDF, the members ship out.

The lieutenant said the AEF deployment cycle normally is 15 months long. The first six months are spent in training, three months of preparation time, three months of deployment and three months of rest time. He said the AEF’s way of deploying is similar to that of the Marines in that AEF prefers to deploy in teams instead of individuals.

“We’ll have a whole team of usually four members coming from the same base, instead of one

from this base, one from that, and so on,” he explained. “This helps with teamwork. You know with whom you’re deploying and it helps with continuity.”

Captain Kuzma said deploying Team Randolph members consist of base support personnel such as security forces, civil engineers and other career fields. They all deploy through AEF and can be sent wherever the Air Force needs them.

“AEF covers the entire spectrum: humanitarian to major theater war,” he said.

Currently, the personnel deployment processing line is active at Hangar 52 every Wednesday. Lieutenant Rigsbee said the line could be expanded to other days of the week if more people are needed for deployment.



LaTorsha
Bennet



Kelli
Bostian



Rosieann
Burlingame



Louie
Cathro



David
Dicks



Michael
Durst



Maria
Garcia



Philip
Johnson



Laurie
Lykken



Lorenzo
McKinley



Paul
Polanco



Marcos
Saiz



Robert
Templet



Kendra
Turner



Christina
Valdez



Chanda
Warner

Sixteen senior airmen graduate ALS

By Tech. Sgt. Cheri Dragos-Pritchard
12th Flying Wing Public Affairs

Airman Leadership School class 03-3 graduated Thursday at the enlisted club. Sixteen senior airmen completed the 24 academic duty-day course, which includes 192 hours of instruction in three different curriculum areas: leadership, communication and profession of arms.

The ALS is affiliated with the Community College of the Air Force through the College for Enlisted Professional Military Education. The graduates are awarded nine semester hours toward a CCAF degree.

The mission of Airman Leadership School is to prepare senior airmen for supervisory duties and foster a commitment to the profession of arms.

The students studied three areas of curriculum during the course. The areas were: communication skills, leadership and

management and the profession of arms.

The communications curriculum focused on the following skills: military briefings, Performance Feedback Worksheets, bullet statements, official correspondence, and interpersonal counseling. Proficiency was measured through hands-on performance.

The leadership and management curriculum was measured through objective tests designed to measure comprehension of human resource and leadership principles. Graduates must achieve an academic average of 70 percent on two evaluations.

The profession of arms curriculum involved uniform inspections, learning reveille and retreat procedures, and a series of lessons on the Air Force mission, world affairs and expeditionary aerospace force. Graduates must demonstrate an understanding and appreciation for their role in the Air Force mission.

The students held a bowl-a-thon as their fundraising project. The money was donated to Celeste Torres, a 7-year old girl needing a liver transplant. In addition, the students spent an afternoon visiting the patients of the Audey Murphy Veteran's Hospital.

The two mentors for the class were Chief Master Sgt. Robert Moore, Air Force Personnel Center Personnel Systems Support Branch superintendent, and Master Sgt. Mitchell Guidry, Defense Finance Accounting Service, San Antonio first sergeant. The class mentors spent several hours with the students sharing experiences and providing professional guidance in an effort to help the graduates develop knowledge and skills necessary in becoming effective leaders.

The guest speaker for the graduation ceremony was Chief Master Sgt. Karl Meyers, Air Education and Training Command command chief master sergeant.

Civilians certify at conference

T-6 continued from page 1

a lot of time teaching air show work. I think that Bill Collins will be excellent in the civilian lead role.”

“I believe it’s quite an honor to be a part of this program,” said Mr. Collins. “There are only five pilots who are going to be qualified to be in the program and there are about 2,000 T-6 pilots out there who would love to take part. To take the lead role is outstanding.”

“I’ve been flying since I was nine years old,” said Mr. Tobul. “My father is a retired Marine pilot and he taught me how to fly all sorts of World War II aircraft. I’ve been flying T-6 Texans since I was about

18. To be selected on this team is both an accomplishment and honor.”

The civilian pilots, all flying vintage T-6 aircraft, will be at numerous demonstrations and air shows along with the AETC T-6A Texan II demonstration team.

The T-6A Texan II aerial demonstration features a single aircraft executing a series of maneuvers reflecting the capability of AETC’s newest trainer and the skills of all Air Force pilots. The team’s performance reflects the type of professionalism present at every level of the AETC’s flight and technical training programs.

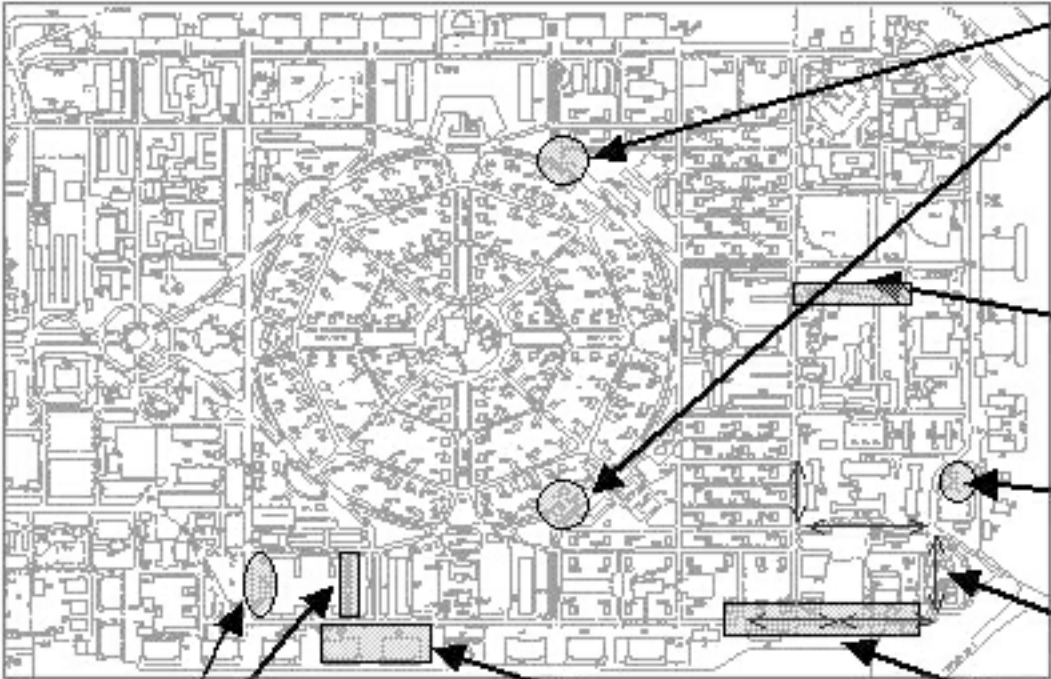
This year’s team will feature two demonstration pilots, Maj. Todd Daggett and Capt. Chuck Stevens.



Retired Lt. Col. Bill Collins and Ralph Royce prepare for take off in a vintage T-6 Texan. (Photo by Airman 1st Class Chad Tarpley)

CONSTRUCTION

CORNER



Feb. 27 - March 26, north entry drive & VIP parking at Building 499, Air Force Personnel Center, will be blocked to unload new Heating, Ventilation and Air Conditioning equipment.

Also, the alley between C-Wing and D-Wing will be blocked on Feb. 28 by a large crane installing HVAC into the attic of C-Wing. This alley is currently “force protection” barricaded.

Hangars 70 and 71 parking lot paving is complete. The striping is expected to be completed by Monday.

Water main repairs on E Street East and E Street West where they intersect Main Circle. The mains broke when pressure built in the old lines while the south water tower was being drained for its repainting project. Crews are replacing the old water mains in these locations and the intersections will be closed until the lines are replaced. Estimated date of completion: March 10.

First Street East closed to traffic from today - March 28 for construction of temporary building to support construction in Building 905.

South water tower repainting project - tower will be wrapped in a shroud for duration of project. Estimated completion date: April 30.

In conjunction with the water line project, H Street will be closed on Monday and reopened the following day. Detours shown by arrows.

Water line replacement continues along the south end of 5th Street West - estimated completion date: March 17.

Fatal distractions ... driving deserves your full attention

Camp offers youth insight to Air Force

By Jennifer Valentin
Wingspread staff writer

Air Force Aviation Camp offers a program for students who are interested in attending the Air Force Academy or making the Air Force a career. The camp is for students who will be sophomores or juniors in high school during the 2003-2004 school year. The deadline to turn in applications is Feb. 21. The camp is held at the Air Force Academy in Colorado Springs, Colo. May 31 through June 6. The camp involves many different activities, including rope challenges, fitness tests, an aerodynamics lab, a flight line tour, horseback riding, planetarium presentations, pool parties, use of the T-37 simulator and a tour of the Academy. All of the lodging, meals and activity fees are covered. The students do not have to pay for anything except their travel to the Air Force Academy

and anything they would like to purchase along the way. Parents or guardians must allow their child to travel unaccompanied or make other arrangements. Two members of the organizing committee will greet the students who fly into Colorado Springs. “We are hoping for a good turnout this year,” said Christine Fussell, youth center assistant director. “We have only 36 slots available throughout the Air Force.” To qualify for the camp, the students must complete an application and a familiarization exam. The youth center staff will interview the students and submit their packages submitted to Headquarters Air Force Services Agency for final determination. “The student has time to take the exam home and research the answers,” said Ms.Fussell. The program is open to any military dependent who is eligible to use the youth center. For more information, call 652-3298.

Space-A travel DOD tests stateside

By Richard Zowie
Wingspread staff writer

No beverages or snacks are served during the flight, but the flights are free. Beginning April 1, the Air Force will start a year-long test that will allow dependents of active duty and retired uniformed services members to travel “Space A” with their sponsors on military flights within the continental United States. This new policy has been implemented by Earl Boyanton, Jr., the Assistant Deputy Under Secretary of Defense for transportation policy. Tech. Sgt. George Strickland, 12th Transportation Squadron passenger terminal NCO in charge, said the test is the result of a December 2000 proposal outlined by the United States Transportation Command commander. “The proposal was seen as a way to improve quality of life benefits for military servicemembers and their families,” he explained. “Previously, no dependents could travel unless the plane was destined to an overseas area.” The space-available program test, which will end March 31, 2004, will allow dependents and their sponsors to fly in Randolph aircraft as long as space is available on flights. The flights from Randolph are all destined for stateside locations with the longest one taking about three hours to reach its destination at Andrews Air Force Base, Md. Throughout the test period, each service branch is to document how many servicemembers and dependents used the service so the defense department can determine whether it’s worth continuing. “I think it’s an excellent test program,” said Master Sgt. Tawanda Matthews, 12th Transportation Squadron traffic management office superintendent. “For many years the dependents have questioned why can’t they travel with the member on space-available flights within the CONUS. I think the military will benefit from this since it will ensure maximum utilization of DOD aircraft by allowing the dependents to travel with their sponsor.” “It’s been a long time coming,” said Sergeant Strickland. “It’s a good thing, and I hope it works.” Sergeant Strickland said the aircraft are primarily intended to transport distinguished visitors or commanders traveling to see their troops graduate at a given school. Mil-air requests for a flight are sent to Scott AFB, Ill. for approval. Sergeant Strickland estimated that 98 percent

of Randolph’s flights go to the East Coast, most often to Andrews AFB. To be eligible for the space A program, active duty members must either be on leave or in pass status and must remain on this status during their entire period of travel. Retired members may sign up 60 days in advance but no earlier than April 1. Family members will be in the same category of travel as their sponsor. Each passenger may bring on board one piece of luggage weighing no more than 30 pounds. Sergeant Strickland said there are no limits to how many family members the servicemembers can have fly with them, but they might want to limit the number when traveling aboard aircraft departing from Randolph. These jets, C-21 Lear Jets, can only seat a maximum of seven passengers. “We usually seat about three to four distinguished visitors during these flights, so it’s best to call the passenger terminal ahead of time to see if there will be room on the flight,” the sergeant said. “We don’t want to have to turn anyone away due to lack of space or too much luggage.” The NCOIC said the passenger terminal receives a five-day schedule that gets updated every morning. With this in mind, potential passengers should check daily on the status of a flight since all flights are tentative and subject to cancellation at any time. “If you have a specific place to go and absolutely have to be there at a certain time, I don’t recommend taking one of these flights,” he said. “These flights require a lot of flexibility.” For Team Randolph members who’d like to save money but don’t have a lot of flexibility in their travel plans, Sergeant Strickland recommended they try to catch a flight at Lackland AFB. Planes flying from Lackland are C-5s and C-9 Medevacs, bigger planes with more seats. On these planes passengers are allowed two bags weighing a maximum of 70 pounds each. On Lackland, as on Randolph, seats are available on a space-available basis. However, travelers need to carry sufficient funds to purchase commercial airline tickets just in case they get to their destination but aren’t able to catch a hop back in time to meet duty reporting requirements. For more information regarding space-available travel and sign-up procedures, check the Web site at <http://amcpublic.scott.af.mil/Spacea/spacea.htm>. To check on the availability of a flight, contact the 12th TRANS Passenger Terminal at 652-3725 or the Lackland Passenger Terminal at 925-8714.

Wayland Baptist University *Base recognizes graduates*

The Wayland Baptist University graduation was held Feb. 2. These are the Randolph graduates:

Aristotle Abraham	Angelina Keaton
Kirk Anderson	William Leeman
Damian Armijo	Albert Marshall
Kendra Arnold	Ricky McGowan
Kevin Behymer	Irvin Miller
Robert Bejarano	Alexander Moorhouse
Robert Biles	Samuel Morris Jr.
Rick Bottorff	Therese Newbauer
Pamela Callicutt	John Okonski
Kari Cantu	Randy O’Neil
Jennifer Coughlin	Charles Parker
Janeth Coleman	Vicki Patrick
Linda Crawford	Jay Perry
Russell Cunningham	Timothy Pitts
Edwin Davis	James Price
Ruben De La Fuente	Mathew Perry
Cordell Dunlap	Isabel Ramirez
Christine Fussell	Vicki Robles
James Girard	Zainal Sahukhan
Angelo Gonzalez	Darlene Shaffer
William Grozdanich	John Simonetta
Alan Hearn	Wayne Sings
Ishmon Hester Jr.	Lei Silva
Donna Holton	Michael Smith
Brian Huber	Sarah Sparks
Charlie Johnson Jr.	Robert Sprouse
Christine Johnson	Robert Switzer
Carl Kalie	Gerald Torrey
Stephen Kanclerowicz	Virginia Thompson
	Michael Tiedman
	Jose Valencia
	Donna Williams
	Edward Williams III

Moving airmen encouraged to update TRICARE information

By Richard Zowie
Wingspread staff writer

Whenever someone transfers to another base, the procedure is always the same. Among the many things on their checklist is to enroll in the local TRICARE region at the service center.

Failure to do this can result in a servicemember or their family not receiving benefits or incurring large out-of-pocket expenses for civilian care.

Geri Cortinas, TRICARE beneficiary counseling and assistance coordinator, said this is a problem she sometimes encounters when giving the Smooth Move, Heart Link and Retirement briefings.

“Some people I encounter don’t realize that they need to inform Defense Eligibility Enrollment Reporting System of their current whereabouts,” she explained. “It’s important for TRICARE members to ensure their address is updated in DEERS. The updates can be accomplished at the Military personnel flight or by calling 1-800-538-9552.”

Randolph is part of TRICARE

Region 6, which covers Texas, Oklahoma, Arkansas and Louisiana.

Keeping DEERS informed is the responsibility of each member.

If the active duty member is transferring to a base in a different TRICARE region, they must disenroll themselves. Their family members remain enrolled until they arrive at their new location and enroll there. Otherwise, civilian medical care or medical bills can be denied since TRICARE will show the member as being in a different region than the one they’re in, Ms. Cortinas explained.

“Even when members do get the information updated, if it’s not made retroactive, the member can be responsible for civilian care bills,” she said.

Within TRICARE regions, the sponsor and family members complete a change form at their new base.

“Updating TRICARE information into DEERS isn’t just for active duty members and their families but also a responsibility for military retirees moving into a new region,” Ms. Cortinas said.

For more information, call the Beneficiary Services Office at 1-800-406-2832 and wait for the Randolph Beneficiary Services option. To contact the MPF, call 652-1845.



Vernita Safford fills out a TRICARE enrollment form. TRICARE members are encouraged to keep all personal information updated in the DEERS system so coverage will not be inadvertently stopped. (Photo by Richard Zowie)

PATRIOTIC PROFESSIONAL



“Honestly, I love everything about my job. It’s a great technical career field and I get great customer interaction.”

Airman 1st Class Steele

Airman 1st Class Michael Steele, 12th Communications Squadron telephone systems maintenance technician, works on setting up an intercom in the Taj Mahal.

Airman Steele installs, maintains and repairs telephones and associated circuits throughout Randolph. This is his first duty station and he has been here since October 2001.

Children’s Dental Health Month Clinic announces base events

By Richard Zowie
Wingspread staff writer

February is National Children’s Dental Health Month, and the Randolph Dental Clinic has activities planned to demonstrate dental health to children and youths on base.

“The main thing we want to do is heighten the awareness of the children and youths as far as dental health care,” said Capt. (Dr.) Kevin Black, a general dentist in the clinic. “We’d also like to educate parents on oral care. If we can influence children and youths at an early age, perhaps they can develop healthy lifestyles.”

The dentist said the primary activities will be at the base schools. At the elementary school, where they’re scheduled to be Tuesday - Thursday, they’ll hand out bags that contain toothbrushes and other oral care supplies to the children. They’ll also do a demonstration to show how to brush teeth properly.

Besides these, they’ll talk to the kids about how to practice good oral hygiene.

“With the elementary school kids, the best way is to demonstrate how to brush teeth and tell them why they need to do it and show them what happens when you don’t brush your teeth,” said Captain Black. “We try to explain it more on their level.”

At the middle and high school, the clinic’s presentations will include the importance of mouth guards for athletes. They’ll also focus on issues that are prevalent in secondary education students, such as tobacco use and oral body piercings.

Captain Black said they use photo presentations at the high school to show visually the consequences of tobacco use, oral piercings or dental care neglect.

“Some children and youths don’t brush their teeth because they’re not motivated by their parents,” the dentist explained. “For others, dental care takes a back seat to other priorities or interests they have.”

He said consequences of not brushing teeth, not flossing or using piercings or tobacco products include tooth decay, chipped teeth, swollen or bleeding gums and infection. The dentist recommended at least one toothbrushing a day where a person spends at least two minutes brushing their teeth. He also said flossing daily helps keep bacteria and plaque from accumulating on the gum line.



Staff Sgt. Aisha Abell, a 12th MDG preventive dentistry technician, uses a model to explain the proper way to brush teeth. (Photo by Richard Zowie)

Dental Health Month schedule of events

Tuesday — Third grade walk-through

Wednesday — Visit pre-kinder garten - 2nd graders

Thursday — Visit 4th and 5th graders

Feb. 25 — Visit middle school

Feb. 27 — Visit high school

12th TRANS to host blood drive

Event open to all Team Randolph members

By Richard Zowie
Wingspread staff writer

The 12th Transportation Squadron is hosting a Feb. 21 blood drive. The drive is open to all Team Randolph members.

South Texas Blood and Tissue Center will provide the bloodmobile, which will be parked in front of Building 171 from 10:30 to noon.

Maj. Joel Peterson, 12th TRANS commander, said he’d like to see the bloodmobile leave Randolph with all it can carry.

“With our heroes on the front line fighting the war on terrorism, we want to do what ever we can at home to support them in that fight,” said the major. “We may never know whose life we saved, but it could be one of our own from here at Randolph. By thinking of it as a donation to a friend, that puts a face to our small sacrifice so we understand how huge it can be.”

Staff Sgt. Daniel Diaz-Centeno, blood drive coordinator, said the squadron usually tries to have a blood drive every three months and is trying to maintain that trend. They average about 20 donations each time but are hoping to obtain a lot more this time.

“The bloodmobile is scheduled to be here until noon, but if there’s more people waiting to donate, the bloodmobile will usually stick around,” he said.

The sergeant said he hoped that, through this and other donations, America would never get to the point where blood was needed but none was available.

Prospective donors must undergo a small screening where a blood and iron test will be performed. Donators will receive a free t-shirt and cookies.

For more information, call Sergeant Diaz-Centeno at 652-4525.

Think before you drink, designate a driver

Home security: Keeping burglars away

By Jennifer Valentin
Wingspread staff writer

Many burglars spend no more than 60 seconds trying to break into a home, according to www.ncpc.org, the National Crime Prevention Council Web site.

According to the Web site, good locks and helpful neighbors can be a big help when it comes to deterring burglars. In almost half of all successful residential burglaries, the burglars climbed through an unlocked window or walked through an unlocked door.

“Make sure every external door has a sturdy, well-installed dead-bolt lock. Key locks are not enough. Sliding glass doors can offer easy access, unless the owner puts a commercially available lock, or a broom-stick or pin in the inside track to jam the door,” said Tech. Sgt. Olga Maldonado, NCO in charge of police services, 12th Security Forces Squadron.

Instead of hiding keys around the outside of the house, give an extra key to a trusted neighbor. When moving into a new house or apartment, re-key the locks.

According to the NCPC Web site, all outside doors should be metal or solid wood. Peepholes are a good way to see who is outside without opening the door.

“Often base residents feel a sense of security while living on the installation and become complacent when it comes to home security,” said Sergeant Maldonado. “Although we live in an almost crime free environment, there is a possibility you can become a victim.”

When checking the home for security, look at the outside as well as the inside. Keep bright lights on at night, and keep the yard clean of shrubs that can hide windows or doors. If traveling, keep a timer on to go off at night, to give the illusion that someone is home. Local law enforcement usually provides home security surveys. Never leave a message on the answering machine saying that no one is home, rather that no one is available.

“If you are planning a vacation, security forces can provide you with daily quarter checks when you are gone for extended periods of time,” said the sergeant. “Residents must contact security forces and complete the documents to enroll in the quarters check program.”

According to the NCPC, an alarm system is a good thing to have, if the person lives in an isolated area or their area has a history of break-ins. Check with different alarm companies to make sure to find the right one for the needs of the home. Learn how to use the system properly. Some less expensive options include motion sensing outdoors or lights that turn on when it is dark, and off when it is light.

When coming home, if something looks questionable, such as a slit screen or an open door, call the police from a neighbor’s home or a public phone, do not attempt to investigate what is wrong. The criminal could still be inside. Always let a trained professional clear the house.

“Most times theft is a crime of opportunity, so you as the resident should ensure your valuables are secure,” said Sergeant Maldonado. “If you see something out of the ordinary, call us immediately.”

People are encouraged to join a neighborhood watch, or even start one if one doesn’t already exist.

For more information, visit www.ncpc.org, or call security forces at 652-5509.

Randolph colonel reflects on legal career

By Jennifer Valentin
Wingspread staff writer

Lt. Col. Pamela Stevenson, 12th Flying Training Wing staff judge advocate, has been in the Air Force since 1984, serving the military in legal offices around the world.

“I chose legal as a career in the military because I wanted to have the opportunity to directly impact the mission and I wanted the opportunity to make things happen,” said Colonel Stevenson. “We have legal issues in every squadron on base and to the degree my staff can help commanders resolve these issues, the better Team Randolph can accomplish the mission.”

Colonel Stevenson attended Indiana University Law School in Bloomington, Indiana, and started her career in the 35th Tactical Fighter Squadron, as an adjutant. She then became the section commander for a maintenance squadron. She soon transferred to legal, and has since worked in many areas and aspects of the legal career field, overseas and stateside.

She has served as an area defense counsel, deployed as SJA twice, chief commissioner for the appellate court and an instructor at the Judge Advocate General’s school. The colonel also teaches foreign militaries about the rule of law, military justice and civilian control of the military.

Colonel Stevenson is the Air Force’s senior African American female in the legal career field. She is honored that one of her responsibilities is being an example that powerful and effective leadership comes in all styles and shapes.

“Even in 2003, the question is sometimes asked: can females be leaders in the military or civilian world,” she said. “Every day this question is answered with a resounding yes. African American women can be in charge and meet the challenges with amazing suc-

“I chose legal as a career in the military because I wanted to have the opportunity to directly impact the mission and I wanted the opportunity to make things happen.”

Lt. Col. Pamela Stevenson
12th Flying Training Wing staff judge advocate



Lt. Col. Pamela Stevenson, 12th Flying Training Wing staff judge advocate, has been in the Air Force since 1984, serving the military in legal offices around the world. She is the Air Force’s senior African American female in the legal career field. (Photo by Jennifer Valentin)

cess. The essence of my work is to face challenges and resolve them, even if those challenges result because of my race or gender.”

The colonel said she will not allow anyone to stop her.

“You can say no to me, but you can’t stop me. If I expect my children to adopt this attitude, then I must demonstrate it.”

“If you don’t like me or you are uncomfortable with me because of my race or my gender that is not my challenge,” said the colonel. “My challenge is to serve the peo-

ple of Team Randolph. Through service, I can accomplish the mission and reach people’s hearts. If you can touch someone’s heart, then you impact his or her perspective; this is the beginning of real impact on the social culture in America.”

One of her greatest memories happened when she was teaching in Guinea, said the colonel.

“It is a French-speaking country so we used translators,” said the colonel. “During a break, a Guinea military member approached me

with a translator. He asked through the translator if he could take a picture with me to give to his 12-year-old daughter.”

He said to the colonel that his daughter would never believe that a woman could be in the military and hold such a high rank unless he showed her the picture.

“He wanted a picture of the woman who outranked him, to inspire his daughter,” said Colonel Stevenson

On a trip to Africa, the colonel gave an opening address that connected with the foreign military audience, even with the language barrier.

“I did this by talking about their dreams for their country and their children and inviting them to take from us what was useful and leave the rest,” said Colonel Stevenson. “In this instance I was made an honorary African queen. A title that doesn’t confer anything except their affection.”

These great moments and others like it pay the bill for the many difficult struggles and it makes it worthwhile, said the colonel.

Colonel Stevenson said in 1984 when she first came in the Air Force, a supervisor asked her if she had actually attended law school, or just imagined it. He then told her that she was too soft and too nice.

“I learned the real challenge is to be who you are” said the colonel. “Any leader has to prove to their supervisors and team that they are competent and not afraid of challenges. Often this is more difficult for African Americans and females.”

The colonel has an absolute passion for her job, she said. She feels like she owes those she serves, 150 percent or at the very least the opportunity for them to reach their personal and professional goals.

“Any success I enjoy is simply a reflection of the people I have worked with yesterday and today.

People are my biggest source of joy and my biggest challenge,” said the colonel. “The law is easy and I can do it with my eyes closed. But it is people who present me with the opportunities to grow. I focus on solving and learning from problems, rather than bemoaning the fact that the problems exist. This shapes me into a better airman than I was the week before”

At Colonel Stevenson’s present duty as staff judge advocate, she is responsible for providing counsel to the 12th FTW commander and subordinate commanders in all legal areas. She leads a staff of 30 officers, enlisted and civilians. She credits them for the success of the services proved to Team Randolph.

“I specialize in getting people from point A to point B, the best way and always the right way,” said Colonel Stevenson.

She advises in areas including claims, environmental, civil, contracting, labor and military justice. She also gives briefings, teaches and sits on many committees.

“My success is a tribute to the outstanding people I have worked with and the Air Force’s zero tolerance for any type of discrimination,” she said. “We still have a long way to go, but at least the Air Force is taking the lead and is headed in the right direction. The Air Force has been an extraordinary way of life for my family and me. I have been given opportunities that I only dreamed of. My work is just beginning because I believe to whom much is given, much is required.”

The colonel attributes her success to a strong belief in God, strong parents and an awesome spouse.

“My goal is to help people reach their goals and lift them to the next level. If the members of Team Randolph are lifted to the next level, then it will be impossible for us not to accomplish our mission”

Child Passenger Safety Base observes week

By Jennifer Valentin
Wingspread staff writer

Child Passenger Safety Week, observed through Saturday, recognizes that more still needs to be done to keep children safe in vehicles.

Less than 10 percent of children who should be restrained in booster seats use one. The National Highway Traffic Safety Administration recommends that children who have outgrown child safety seats be properly restrained in booster seats until at least age eight, unless they are 4 feet and 9 inches tall.

According to the 12th Flying Training Wing safety office, high-back booster seats with a 5-point harness are recommended for use by children who weigh about 20-40 pounds.

“The harness should be removed when the child reaches a weight of 40 pounds,” said Tony Lightner, safety office. “The vehicle’s adult lap and shoulder belt must be used across the child’s seat after that.”

Most motor vehicle crashes happen at low speeds and are within 25 miles of the home, said Mr. Lightner.

“Just holding a child will not work,” he said. “In a crash at 30 miles per hour, for example, a ten pound baby would rip

from your arms with the force of 300 pounds. The child could be hurled through the windshield or into the dash board.”

The safety office offers child seat installation and instruction, on a case by case basis.

For more information, visit www.nhtsa.dot.gov, or call 652-1842 for information or an appointment for a child seat installation.



Sarah Hayes at the child development center demonstrates the right way to buckle a child safety seat. (Photo by Jennifer Valentin)

Tips offered for maintaining healthy heart

Clinic urges Team Randolph to keep up the beat

By Richard Zowie
Wingspread staff writer

The symptoms can be as scary as they are agonizing: shortness of breath, pain in the chest that can radiate to the jaw, back and left arm, nausea and cold sweats.

All of these can be signs of various heart problems and should be treated by a doctor immediately.

“If heart problems aren’t immediately treated, they can result in death,” said 1st Lt. Karen Nzerem, a 12th Medical Group physician’s assistant. “Once a problem occurs that damages the heart tissue, the damage is permanent.”

The physician’s assistant said risk factors for heart problems include diets high in fat or cholesterol, tobacco or excessive alcohol use, obesity or a family history of heart-related problems.

Lieutenant Nzerem said the medical clinic offers various programs to treat those with heart problems.

Medication is often used to treat heart palpitations, irregular heartbeats, high blood pressure and high cholesterol. More serious problems like congestive heart failure are referred to a cardiologist.

If heart surgery or an echocardiogram are needed, they’re usually performed at either Brooke Army Medical Center or Wilford Hall Medical Center. Other procedures performed include bypass surgery, valve replacement and angioplasty.

Classes for managing blood pressure or cholesterol are also available through the health and wellness center.

Besides practicing a sensible diet and avoiding the risk factors, Lieutenant Nzerem said the best way to lower the risk for heart problems is through physical activity.

“The more you exercise, the more you can strengthen the heart muscle,” she said. “The typical program is three times weekly for about 30 minutes a day. That’s not really enough.”

The physician’s assistant recommended a person exercise six to seven days a week for about 45 minutes.

The American Heart Association recommended some of the following physical activities:

At home:

- Work in the garden or mow the grass. Using a riding lawn mower doesn’t count. Rake leaves, prune, dig and pick up trash.

- Go for a short walk before breakfast, after dinner or both. Start with 5-10 minutes and work up to 30 minutes.

- Walk or bike to the corner store instead of driving.

- When walking, pick up the pace from leisurely to brisk. Choose a hilly route.

- When watching TV, sit up instead of lying on the sofa. Spend a few minutes pedaling on a stationary bicycle.

- Walk a pet.

- Park farther away at the shopping mall and walk the extra distance. Wear walking shoes and sneak in an extra lap or two around the mall.

- Keep exercise equipment repaired.

At the office:

- Brainstorm project ideas with a co-worker while taking a walk.

- Take the stairs instead of the elevator, or get off a few floors early and take the stairs the rest of the way.

- Walk while waiting for the plane at the airport.

- Take along a jump rope in a suitcase when travelling. Jump and do calisthenics in a hotel room. Stay at hotels with fitness centers or swimming pools and use them while

on business trips.

- Use a fitness center. Work out before or after work to avoid rush-hour traffic, or drop by for a noon workout.

- Schedule exercise time on a business calendar and treat it as any other important appointment.

At play:

- Plan family outings and vacations that include physical activity.

- See the sights in new cities by walking, jogging or bicycling.

- Play music while exercising for more motivation.

- Take dancing lessons; hit the dance floor on fast numbers instead of slow ones.

- When golfing, walk instead of riding a cart.

- At the lake, rent a rowboat instead of a canoe.

For more information on heart health, call the HAWC at 652-2300.

Patients needing either heart-related treatment or who are experiencing symptoms consistent with those of heart problems should call the central appointment desk at 945-0411 to schedule an appointment with a primary care manager.

Randolph Community Bulletin Board



Miscellaneous Community Notes

RFISD Board of Trustees opening

The Randolph Field Independent School District Board of Trustees is looking for volunteers to fill a vacancy. All volunteers will meet a nomination board chaired by the 12th Support Group commander or deputy. Three final nominees' names will be forwarded to the Texas State Board of Education which will make the final decision.

Personnel who want to volunteer can obtain an application from the 12th SPTG commander's office, or by forwarding an email to 12sptg.inbox@randolph.af.mil.

The completed and signed hard copy application must be returned to the 12th SPTG office before Feb. 24. Volunteers must be enlisted members or civilians employed by Randolph, or supported units, or civilian adult dependents living on base.

For more information, call Lt. Col. Fred Witter at 652-1205.

RFISD Board of Trustees meeting

The Randolph Field Independent School District Board of Trustees will meet Thursday at 4:15 p.m. in the elementary school commons area. The public is invited.

The agenda of the meeting can be found at www.randolph-field.k12.tx.us.

Black History Month celebration

A Black History Month celebration will be held Feb. 27 at 6 p.m. at the elementary school cafeteria/gym. There will be a choir performance and a program.

For more information, call Shirley Peterman at 357-2345.

NCOA Taj Mahal chapter meeting

The Taj Mahal chapter of the Non-Commissioned Officers Association will be having their monthly meeting Wednesday at 4 p.m. in the Traditions Room of the enlisted club. All enlisted or retired enlisted members are welcome.

For more information, visit www.ncoa122.org, or call Senior Master Sgt. Roberta Wyrick at 652-3458.

USO events

The USO is having a Valentine's evening with home-baked pastries today starting at 5 p.m. The pastries are on a first come, first-served basis. The visitors can also enjoy pool, foosball tables, ping pong, movies and a game room. The USO is also celebrating President's Day Monday from 11 a.m. to 6 p.m. with free apple pie and ice cream, and activities such as billiards, darts, computer access and more.

The USO is located at 420 E. Commerce Street.

For more information, call 227-9373.

BCAA events

The Black Cultural Awareness Association is sponsoring events in honor of Black History Month.

An open microphone poetry night is schedule for Tuesday from 7-9 p.m. at the enlisted club. For more information, call Tech. Sgt. Ben Jefferson at 565-4505.

A health forum is Thursday from 1:30-3:30 p.m. at the chapel annex. For more information, call Maj. Kirsten Benford at 652-4027.

MOAA scholarships

The Military Officers Association of America base/post scholarship program is offering \$1,000 individual scholarship grants for the 2003-2004 school year. The deadline for submission is March 1 at noon.

For eligibility and more information, visit www.moaa.org.

Blood drive

Randolph Youth Programs is hosting a blood drive Feb. 27 at 10 a.m. in the youth center gym.

For more information, call 652-2088.

Saturday vet clinic

A Saturday vet clinic will be held Feb. 22 from 9 a.m. to 1 p.m. at the base vet clinic, by appointment only.

For more information, call 652-3190.



Building 693

Family Support Center

Telephone: 652-5321

Bundles for Baby

Bundles for Baby is a program for active duty members, E-6 and below, and their spouses, who are expecting a baby. The program is today from 2-3:30 p.m. Attendees receive a bundle of baby supplies.

For more information, call 652-5321.

Moms, Pops and Tots

Moms, Pops and Tots is an educational and play group for children 5 and under. They meet Thursday from 10-11:30 a.m. at the chapel center.

For more information, call 652-5321.

Airmen's Attic

Visit the Airmen's Attic, for E-4 and below, Thursday from 10 a.m. to 1 p.m. Donations are accepted by either dropping off items Monday through Friday from 8 a.m. to 4 p.m., or they can be picked up at the home by calling 652-3060.



Building 208

Education Services

Telephone: 652-5964

Education center closure

The education center will be closed today for Operational Readiness Inspection preparation and setting up new computers and furniture in the testing facility.

St. Mary's University

New tracks are now being offered through New Horizons' campus. MCSA/MCSE Track starts Tuesday and CCNP Track starts Feb. 25. Also offered are Randolph Network Security Tracks Phase II starting Wednesday and Phase IV Starts March 22.

Call Irma Morasco with New Horizons at 308-8200, ext. 104, or stop by the education center Wednesday for more information.

SMU

A representative from Southern Methodist University will be available Thursday from 11 a.m. to 1 p.m.

Call 348-7689 for more information on reserving a seat for the next information session.

ERAU

Embry-Riddle Aeronautical University is currently accepting applications for admission to the Bachelor of Science in Professional Aeronautics, the Bachelor of Science in Management of Technical Operations and the Master of Aeronautical Science degrees. The next term runs March 24 through May 25.

The schedule is available at <http://www.erau.edu/sanantonio>.

CCAF spring graduation cut-off date

All transcripts, test results and the nomination of the education office must be at the Community College of the Air Force by Feb. 21 if students are to make the May 6 graduation.

If all requirements have been completed, and no notification of graduation has been made, e-mail charlene.sparks@randolph.af.mil, or call 652-5964.

New test dates

New sessions for testing have been added at the education center. The testing days are now Monday through Thursday, with sessions at 8 a.m. and noon.

Call the education center to schedule your next College Level Examination Program, Defense Activity for Non-Traditional Education Support or Air Force Institute for Advanced Distributed Learning exam at 652-5964.



Building 102

Chapel Services

Telephone: 652-6121

Protestant

Sunday - Worship 1 at 8:30 a.m. in Chapel 1; Liturgical at 10 a.m. in Chapel 1; Sunday School at 10 a.m. in the chapel center; Worship II at 11:30 a.m. in Chapel 1; Gospel at 1 p.m. in Chapel 1

Monday - Presidents Day, offices closed

Wednesday - Protestant Women of the Chapel Bible Study at 12:15 p.m. in the chapel center; Women's Bible Study at 6 p.m. in the chapel center; Gospel Choir at 7 p.m. in Chapel 1

Thursday - Children's Choir at 5:15 p.m. in Chapel One; Chancel Choir at 7 p.m. in Chapel 1; Easter Musical Practice at 7:45 p.m. in Chapel 1

Catholic

Today - Rosary at 11:10 a.m. in Chapel 1; Mass at 11:30 a.m. in Chapel 1

Saturday - St. Joseph's Men's Group at 8 a.m. in Chapel 1; Confession at 4:30 p.m. in Chapel 1; Mass at 5:30 p.m. in Chapel 1

Sunday - Mass at 8:30 a.m., 10 a.m. and 11:30 a.m. in Chapel 2; Children's Choir Practice at 12:30 p.m. in Chapel 2

Monday - Presidents Day at offices closed, No Mass

Tuesday - Rosary at 11:10 a.m. in Chapel 1; Mass at 11:30 a.m. in Chapel 1; Contemporary Teen and Adult Choir at 6:30 p.m. in Chapel 2; Rite of Christian Initiation for Adults at 7 p.m. in the chapel center

Wednesday - Rosary at 11:10 a.m. in Chapel 1; Mass at 11:30 a.m. in Chapel 1;

Thursday - Rosary at 11:10 a.m. in Chapel 1; Mass at 11:30 a.m. in Chapel 1; Cantor/Choir Practice at 6:30 p.m. in Chapel 2

Friday - Rosary at 11:10 a.m. in Chapel 1; Mass at 11:30 a.m. in Chapel 1

Ecumenical

Monday - Presidents Day, offices closed

Wednesday - Film Luncheon at 11 a.m. and 12:30 p.m. in the chapel center; Christian Youth of the Chapel at 7 p.m. at Chaplain Everett Schrum's house



Building 100

Movies

Telephone: 652-3278

Admission at the base theater is \$2 for adults and \$1.50 for children unless otherwise noted.

Today

"Lord of the Rings, Two Towers" (PG-13), 7 p.m. Starring Elijah Wood. The second chapter, where the hobbits attempt to destroy the evil ring.

Saturday

"Pinocchio" (G), 2 p.m. Starring Roberto Benigni. The story of a wooden puppet who comes to life.

"Catch Me If You Can" (PG-13), 7 p.m. Starring Tom Hanks. Frank becomes a doctor, lawyer and co-pilot before his eighteenth birthday, becoming a master of deception.

Sunday

"Pinocchio" (G), 2 p.m. Starring Roberto Benigni.

"Antwone Fisher" (PG-13), 7 p.m. Starring Denzel Washington. The true story of a man who gained fame as an acclaimed writer and Hollywood producer.

Feb. 21

"Catch Me If You Can" (PG-13), 7 p.m. Starring Tom Hanks.

Check us out online

The electronic version of the Wingspread has a link on the Randolph Web Page at

www.randolph.af.mil/12ftw/wing/pa/wingspread.htm

Don't trust your life to luck ... buckle up

Base offers monthly activities

Valentine open skeet shoot

The Valentine Open Registered Skeet Shoot is scheduled for today through Sunday. Rotations will begin with Friday doubles starting at 1 p.m., Saturday at 9 a.m. and Sunday at 10:30 a.m. The fee is \$25 per 100 targets plus daily fees. If interested in participating, call the Randolph Skeet Range at 652-2064 or equipment rental at 652-3702.

Basketball Tournament

A double elimination tournament in support of African American Heritage Month is today through Monday. The tournament is open to military and civilian teams. For more details, call 652-5316.

Sweetheart doubles bowling tournament

The bowling center is holding a sweetheart mixed doubles tournament Sunday scheduled to start at 1 p.m. The no-tap tournament cost \$25 per couple. Prizes will be based on the number of entries. For more information, call 652-6271.

All-nighter at the enlisted club

An all-nighter will be held at the enlisted club from 9 p.m. to 3 a.m. Sunday. Call 652-3056 for more information.

Holiday bingo

A \$15,000 holiday bingo is scheduled for Monday at the enlisted club. Early bird will start at 6 p.m. For more information, call 652-3056.

Presidents’ Day bowling


The bowling center celebrates Presidents’ Day from 1-9 p.m. Bowl for \$1.50 per game, per person. For more information, call 652-6271.

Presidents’ Day Golf Tournament

A golf tournament in honor of Presidents’ Day is Monday. Tee times are 7-9 a.m. The cost for the tournament is \$10 per person. Call the golf course at 652-4570 for more information.

Boating safety course

A boating safety course is offered by outdoor recreation on the third Wednesday of each month at 6 p.m. in Building



@ your service

897. This course is required before rental of pontoon, bass or ski boats at Randolph’s Canyon Lake Off Base Recreation Area. Call equipment rental at 652-3702 to register for the course.

Laredo Shopping Tour

A bus for the Laredo shopping tour departs from Information, Tickets and Travel, Building 897, Feb. 22 at 7:45 a.m., and will return to Randolph by 7 p.m. The trip cost \$25. Additional tour dates are March 29 and April 19. Call 652-2301 to sign up.

Children’s Story Hour

Every Tuesday and Wednesday at 10 a.m., the library holds a story hour for preschoolers. Children complete craft projects and receive a snack. For more information, call 652-2617.

Bargain Warehouse sale

The bargain warehouse is having a sale Feb. 26 from 10 a.m. to 2 p.m. A selection of pictures, sofas, end tables, mirrors, desks and more will be available. For more information, call 652-3702.

Youth baseball, softball registration

Registration for the 2003 baseball and softball season will be held at the youth center starting March 1. Proof of age is required, including birth certificate, military identification or TRICARE card, at registration, Monday through Friday from 10 a.m. through 5 p.m. Registration for softball will end March 21. Registration for baseball will end March

29. Fees are \$43 per player, with a maximum of \$86 per family. The annual \$15 activity fee must be current for each player. Parents are responsible for providing gray baseball style pants. The youth center will provide cap and replica team uniform shirt. The age cutoff for softball is as of Jan. 1. PONY age cut-off for baseball is as of July 31. New this year, fast-pitch softball will be offered for the Mustang division. Additional information is available on the Web site www.eteamz.com/randolphyouth. For more information, call Barney Clay at 652-2088.

Aerobathon

Join an aerobic workout designed to target the cardiovascular system. A continuous three-hour step aerobics event is Feb. 26 from 10 a.m. - 1 p.m. For more information, call the fitness center at 652-4311.

Be a youth coach

Randolph youth sports has coaches’ applications available for adults interested in coaching during the 2003 baseball and softball season. Free coaches training and background checks are provided for all volunteers. For more information, call Barney Clay at 652-2088.

ITT

- Sea World of Texas - Two-year season passes, \$76.50
- Entertainment books- \$20
- Armed Forces Vacation Club - seven nights in a resort anywhere in the world for \$249
- Kinder gambling trip - March 18 and 19, \$25 per person

Upcoming events

- Love and Happiness Comedy - Today
- Santana - Today
- Kodo Drummers - Feb. 25
- Elton John and Billy Joel - Feb. 26
- Mamma Mia - March 4-16, Majestic Theater

Airmen’s Dining Facility

Building 860 — 652-5533
Recorded Menu 652-MEAL (6325)

Weekday meals:
5:45 a.m. - 7:45 a.m. Breakfast
10:30 a.m. - 1 p.m. Lunch
4:30 p.m. - 6:30 p.m. Dinner

7 p.m. - 8 p.m. Carry out

Weekends and Holidays:
8 a.m. - 1 p.m. Brunch
4 p.m. - 6 p.m. Dinner
No carry out

Be a survivor, have a designated driver

Women urged to get annual cervical health check-ups



Maj. Kimberly Shanks, a 12th MDG family nurse practitioner, discusses cervical health with Staff Sgt. Joanna Edmundson using a plastic model of the female reproductive organs. (Photo by Richard Zowie)

By Richard Zowie
Wingspread staff writer

There’s a way of maintaining cervical health that Maj. Kimberly Shanks wants to make sure every woman at Team Randolph knows about. “The message we want to get out is to get annual checkups,” said the 12th Medical Group family nurse practitioner. “That’s the best way we’re going to be able to make an early diagnosis and treat cervical cancer or any infections.” Part of the annual checkups for cervical health includes Pap smears, which Major Shanks said have been in practice since the fifties. “It’s very common for women not to get regular checks,” she explained. “Some women are very busy and they forget while some don’t realize the importance of it. Cervical disorders, such as cervical cancer, are treatable if detected early.” If a Pap smear comes back abnormal, the major said the women’s health clinic, in certain cases, may do a more detailed test called a colposcopy. She described it as a specialized Pap smear that looks more thoroughly at the cervix to see if there’s anything unusual. If anything unusual is found, such as a sexually transmitted disease, the clinic employs

topical treatments or oral medications. For more serious disorders, such as cancer, patients are referred to a specialist. According to Major Shanks, risk factors for cervical health problems include unprotected sex, multiple partners, smoking, and a family history. Signs of infection include lesions, blisters or warts on the genitalia along with any unusual vaginal discharge. “What’s even more important to note is that a lot of these diseases are asymptotic, meaning they have no symptoms,” the nurse said. “They’re only detected during an annual exam.” Long-term effects of cervical health problems, particularly for STDs like chlamydia and gonorrhea, include infertility and pelvic inflammatory diseases. One STD that Major Shanks said could lead to cervical cancer is the human papillomavirus, also known as HPV. “The virus has several different strains, and there is a high correlation between the different types of HPV and cervical cancer,” she explained. “Besides getting annual exams, if a woman notices anything unusual, she should get it checked out immediately,” the nurse said. For more information on cervical health, contact the women’s health clinic at 652-8546.



What fitness means to me

Capt. Marcus North
559th Flying Training Squadron
Instructor Pilot

“You have to maintain a fitness level since flying takes a toll on the body. It’s important to maintain a physical tolerance for the forces jets put on your body. Being fit makes me feel a lot better.”

Sports Briefs

Microfit physical profile assessment

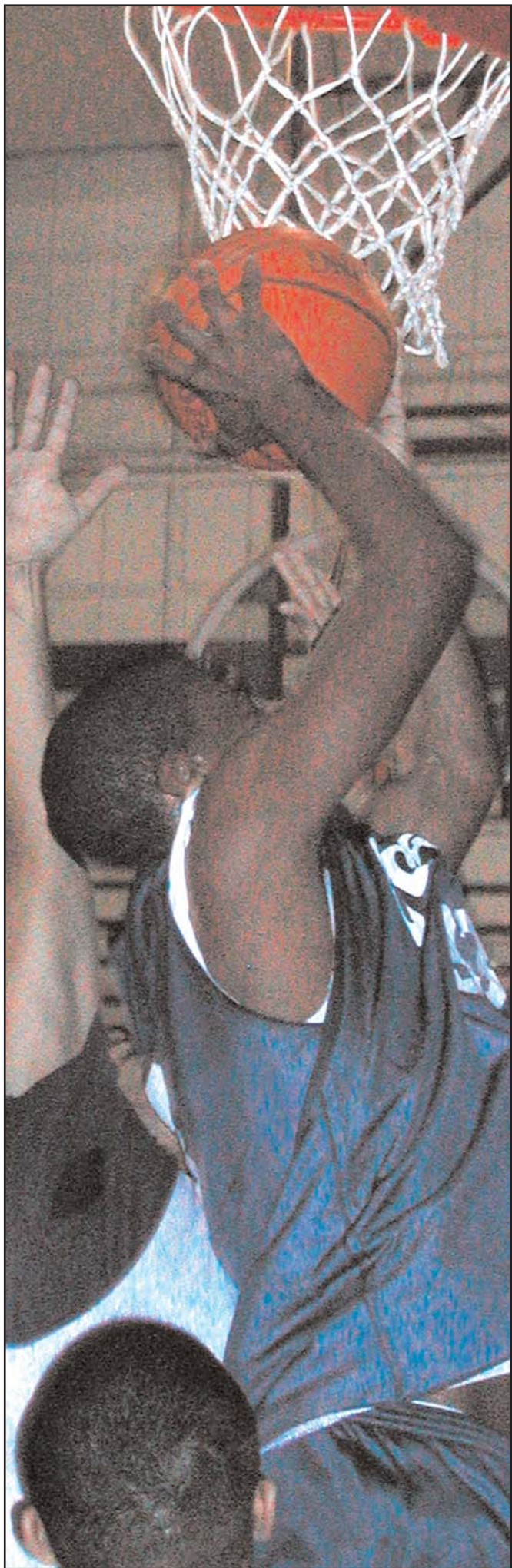
The fitness center is doing body composition evaluations this month.
For more information, call 652-4311.

Youth center Jump Rope-a-Thon

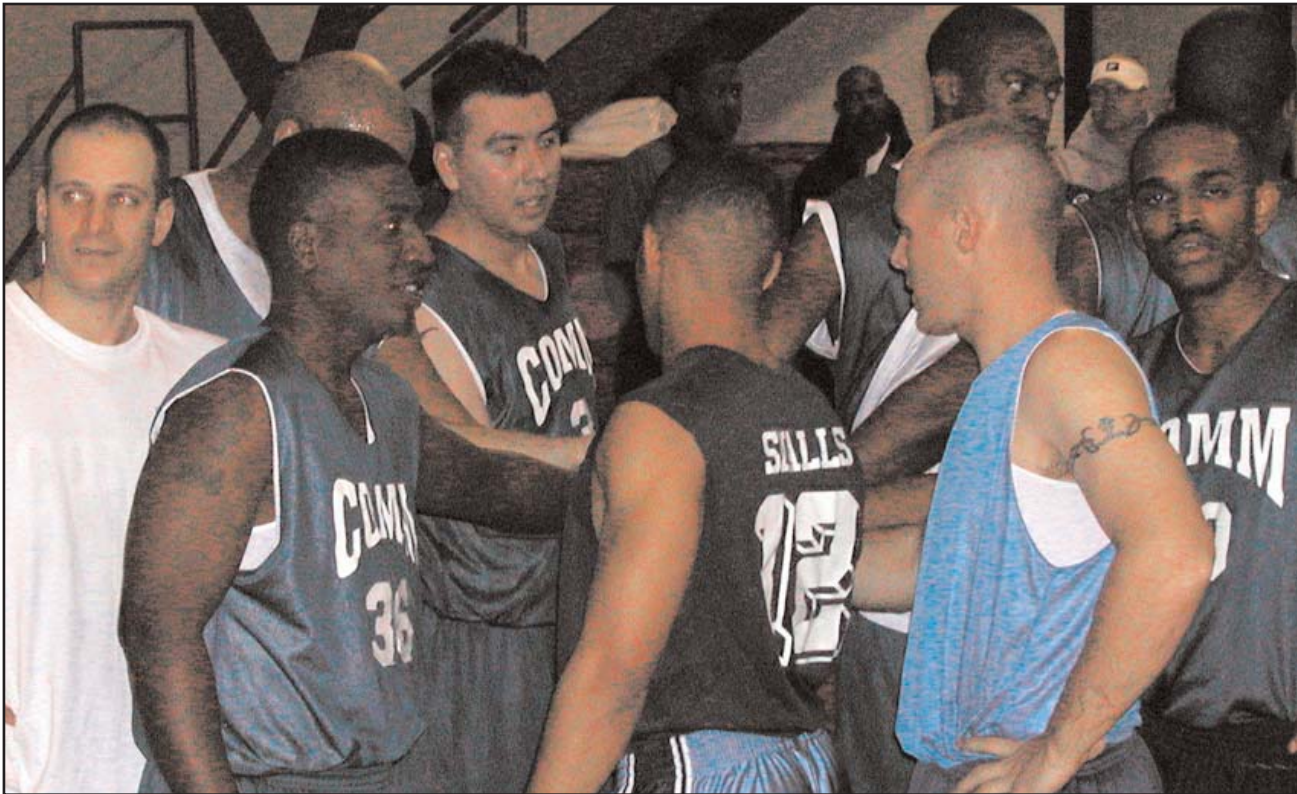
The youth center is hosting a “Jump Rope for Heart” Feb. 16 from 1-4 p.m. This event is to reinforce the importance of a healthy lifestyle. For more details, call 652-3298.

Golf tournament

The Black Cultural Awareness Association is holding their annual scholarship golf tournament Feb. 21 at 12:30 p.m. at the golf course. Registration starts at 11 a.m. The formation is four-person scramble, and the cost is \$20 for members and \$30 for non-members.
RSVP by Tuesday. For more information, call Staff Sgt. Quinette Hall at 652-3526.



Tyrone Wright, 12th Communications Squadron, goes for a layup. (Photo by Airman 1st Class Chad Tarpley)



The 12th Communications Squadron team talks strategy during a timeout. (Photo by Airman 1st Class Chad Tarpley)

Intramural playoffs begin

12th CS tops 12th MDG 61-37

By Airman 1st Class Chad Tarpley
12th Flying Wing Public Affairs

The 12th Communications Squadron moved on in the playoffs by defeating the 12th Medical Group 61-37 in an intramural matchup in the fitness center Feb 6.

The 12th CS squad went undefeated all season, beating all their opponents by at least 15 points. Last year, they won the intramural championship. This year, they are on track to defend it.

"We won this game with good defensive pressure," said Dion Milam. "We played good defensively which resulted in a lot of turnovers."

The 12th CS team gained control of the game early by snatching the jump ball and taking it down the court, passing the ball around until Tyrone Wright connected with a layup. Dre Starkes, 12th CS, got a steal which led to a layup to give 12th CS a 4-0 lead in the first minute of the game. This was the closest that 12th MDG would get.

Starkes and Wright, both starters, met the 12th MDG offense with relentless pressure. They swiped loose balls, stole passes and grabbed rebounds to give their team a strong defensive force.

Paul Spencer, 12th MDG, tried to keep his team in the contest by scoring with a three pointer. Fred Weaver, 12th MDG, helped out by adding a three pointer.

As time ran out in the first half, and 12th CS up by nine, Bobby Padilla, 12th CS, nailed a wide open three

pointer and gave his team a 12 - point lead.

Neither team scored for the next minute, making the score 27-15 with 12th CS leading.

In the second half, 12th CS began where they left off. Milam got a rebound and put it back in. Robert Smalls caught a steal and added another two points.

Every time the 12th MDG scored, 12th CS quickly answered with points of their own. With 8 minutes left in the game, the score was 40-26 with 12th CS on top.

The 12th MDG attempted another comeback as Spencer connected for two quick three pointers, making the score 40-32. But 12th CS quickly answered as Wright went on a tear, scoring 14 of his 20 points in a four minute stretch.

The game was put out of reach when Starkes got a steal and passed the ball up to Wright and watched as he threw up a thundrous one-hand dunk.

From that point, 12th CS scored at will. The game ended at 61-37, with 12th CS going to the next round of the playoffs.

Wright took top scorer honors for 12th CS with 20 points. Other team members getting on the board were Ed Simpson with 10, Padilla with nine, Starkes with eight, Smalls and Milam with six and Joe Kernan with two.

Spencer led 12th MDG with 16 points. Other team members getting on the board were Leo Davis with seven, Jeffrey Gray with six, Weaver with three and Kyle Bogan with 2 points.